

# Obesity Trends Among U.S. Adults between 1985 and 2001

## ***Definitions:***

- Obesity: having a very high amount of body fat in relation to lean body mass, or Body Mass Index (BMI) of 30 or higher
- Body Mass Index (BMI): a measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters



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***Source of the data:***

- The data shown in these maps were collected through CDC's Behavioral Risk Factor Surveillance System (BRFSS). Each year, state health departments use standard procedures to collect data through a series of monthly telephone interviews with U.S. adults

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During the past 20 years there has been a dramatic increase in obesity in the United States. In 1985 only a few states were participating in CDC's BRFSS and providing obesity data. No states were reporting the significant levels obesity prevalence that we see today. Today, 20 states have obesity prevalence rates of 15-19 percent; 29 states have rates of 20-24 percent; and one state reports a rate over 25 percent. As the obesity epidemic spread, the prevalence of overweight among U.S. adults increased by more than 60 percent.

### Obesity Trends\* Among U.S. Adults; BRFSS, 1985

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Alabama	Arizona	Georgia		
Alaska	California	Indiana		
Arkansas	Connecticut	Kentucky		
Colorado	Florida	Ohio		
Delaware	Idaho	North Dakota		
Hawaii	Illinois	South Carolina		
Iowa	Minnesota	West Virginia		
Kansas	Montana	Wisconsin		
Louisiana	New York			
Maine	North Carolina			
Maryland	Rhode Island			
Massachusetts	Utah			
Michigan				
Mississippi				
Missouri				
Nebraska				
Nevada				
New Hampshire				
New Jersey				
New Mexico				
Oklahoma				
Oregon				
Pennsylvania				
South Dakota				
Texas				
Vermont				

Virginia

Washington

Wyoming

Source: BRFSS, CDC.

### Obesity Trends\* Among U.S. Adults; BRFSS, 1986

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Alaska	Alabama	Indiana		
Arkansas	Arizona	Kentucky		
Colorado	California	North Carolina		
Connecticut	Florida	North Dakota		
Delaware	Georgia	South Carolina		
Iowa	Hawaii	West Virginia		
Kansas	Idaho	Wisconsin		
Louisiana	Illinois			
Maine	Massachusetts			
Maryland	Minnesota			
Michigan	Missouri			
Mississippi	Montana			
Nebraska	New Mexico			
Nevada	New York			
New Hampshire	Ohio			
New Jersey	Rhode Island			
Oklahoma	Tennessee			
Oregon	Utah			
Pennsylvania				
South Dakota				
Texas				
Vermont				
Virginia				
Washington				
Wyoming				

Source: BRFSS, CDC.

### Obesity Trends\* Among U.S. Adults; BRFSS, 1987

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Alaska	Arizona	Alabama		
Arkansas	California	Georgia		
Colorado	Florida	Illinois		
Connecticut	Hawaii	Indiana		
Delaware	Idaho	Kentucky		
Iowa	Massachusetts	Maine		
Kansas	Minnesota	Maryland		
Louisiana	Montana	Missouri		
Michigan	Nebraska	North Carolina		
Mississippi	New Hampshire	North Dakota		
Nevada	New Mexico	Ohio		
New Jersey	New York	South Dakota		
Oklahoma	Rhode Island	Tennessee		
Oregon	South Carolina	Texas		
Pennsylvania	Utah	West Virginia		
Vermont	Washington	Wisconsin		
Virginia				
Wyoming				

Source: BRFSS, CDC.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1988**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Alaska	Connecticut	Alabama		
Arkansas	Georgia	Arizona		
Colorado	Hawaii	California		
Delaware	Idaho	Florida		
Kansas	Minnesota	Illinois		
Louisiana	Montana	Indiana		
Mississippi	Nebraska	Iowa		
Nevada	New Hampshire	Kentucky		
New Jersey	New Mexico	Maine		
Oregon	New York	Maryland		
Pennsylvania	North Dakota	Massachusetts		
Vermont	Oklahoma	Michigan		
Virginia	Rhode Island	Missouri		
Wyoming	Tennessee	North Carolina		
	Texas	Ohio		
	Utah	South Carolina		
	Washington	South Dakota		
		West Virginia		
		Wisconsin		

Source: BRFSS, CDC.



### Obesity Trends\* Among U.S. Adults; BRFSS, 1989

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Alaska	Alabama	Illinois		
Arkansas	Arizona	Indiana		
Colorado	California	Iowa		
Delaware	Connecticut	Kentucky		
Kansas	Florida	Michigan		
Louisiana	Georgia	Minnesota		
Mississippi	Hawaii	Missouri		
Nevada	Idaho	Nebraska		
New Jersey	Maine	North Carolina		
Vermont	Maryland	North Dakota		
Wyoming	Massachusetts	Ohio		
	Montana	Oklahoma		
	New Hampshire	Oregon		
	New Mexico	Pennsylvania		
	New York	South Carolina		
	Rhode Island	Tennessee		
	South Dakota	Texas		
	Utah	Virginia		
		Washington		
		West Virginia		
		Wisconsin		

Source: BRFSS, CDC.

### Obesity Trends\* Among U.S. Adults; BRFSS, 1990

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Alaska	California	Alabama		
Arkansas	Colorado	Arizona		
Kansas	Massachusetts	Connecticut		
New Jersey	Minnesota	Delaware		
Nevada	Montana	Florida		
Wyoming	New Mexico	Georgia		
	New York	Hawaii		
	Utah	Idaho		
	Virginia	Illinois		
	Washington	Indiana		
		Iowa		
		Kentucky		
		Louisiana		
		Maine		
		Maryland		
		Michigan		
		Mississippi		
		Missouri		
		Nebraska		
		New Hampshire		
		North Carolina		
		North Dakota		
		Ohio		
		Oklahoma		
		Oregon		
		Pennsylvania		

Rhode Island  
South Carolina  
South Dakota  
Tennessee  
Texas  
Vermont  
Wisconsin  
West Virginia

Source: BRFSS, CDC.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1991**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Kansas	Colorado	Alabama	Louisiana	
Nevada	Georgia	Alaska	Michigan	
Wyoming	Massachusetts	Arizona	Mississippi	
	Montana	Arkansas	West Virginia	
	New Jersey	California		
	New Mexico	Connecticut		
	Rhode Island	Delaware		
	Utah	Florida		
	Washington	Hawaii		
		Illinois		
		Indiana		
		Iowa		
		Idaho		
		Kentucky		
		Maryland		
		Maine		
		Missouri		
		Minnesota		
		Nebraska		
		New Hampshire		
		New York		
		North Carolina		
		North Dakota		
		Oklahoma		
		Ohio		
		Oregon		

Pennsylvania  
South Carolina  
South Dakota  
Tennessee  
Texas  
Vermont  
Virginia  
Wisconsin

Source: Mokdad AH, et al. *JAMA* 1999;282:16.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1992**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Arkansas	Arizona	Alabama	Kentucky	
Wyoming	Colorado	Alaska	Louisiana	
	Hawaii	California	Michigan	
	New Jersey	Connecticut	Mississippi	
	Washington	Delaware	West Virginia	
		Florida	Wisconsin	
		Georgia		
		Idaho		
		Illinois		
		Indiana		
		Iowa		
		Kansas		
		Montana		
		Maine		
		Maryland		
		Massachusetts		
		Minnesota		
		Missouri		
		Nebraska		
		Nevada		
		New Hampshire		
		New Mexico		
		New York		
		North Carolina		
		North Dakota		
		Ohio		

Oklahoma  
Oregon  
Pennsylvania  
Rhode Island  
South Carolina  
South Dakota  
Tennessee  
Texas  
Utah  
Vermont  
Virginia

Source: BRFSS, CDC.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1993**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Wyoming	Massachusetts	Alabama	Arkansas	
	New Jersey	Alaska	Indiana	
		Arizona	Kentucky	
		California	Louisiana	
		Colorado	Michigan	
		Connecticut	Mississippi	
		Delaware	North Carolina	
		Florida	Pennsylvania	
		Georgia	South Carolina	
		Hawaii	Tennessee	
		Idaho	West Virginia	
		Illinois	Wisconsin	
		Iowa		
		Kansas		
		Maryland		
		Maine		
		Minnesota		
		Missouri		
		Montana		
		Nebraska		
		New Hampshire		
		New Mexico		
		New York		
		North Dakota		
		Oklahoma		
		Ohio		



Oregon  
Rhode Island  
South Dakota  
Texas  
Utah  
Vermont  
Virginia  
Washington

Source: Mokdad AH, et al. *JAMA* 1999;282:16.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1994**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
Rhode Island		Alaska	Alabama	
		Arizona	Arkansas	
		California	Illinois	
		Colorado	Indiana	
		Connecticut	Kentucky	
		Delaware	Louisiana	
		Florida	Michigan	
		Georgia	Mississippi	
		Hawaii	Missouri	
		Idaho	North Carolina	
		Iowa	Ohio	
		Kansas	South Carolina	
		Maine	Texas	
		Maryland	West Virginia	
		Minnesota	Wisconsin	
		Montana		
		Nebraska		
		Nevada		
		New Jersey		
		New Hampshire		
		New York		
		New Mexico		
		North Dakota		
		Oklahoma		
		Oregon		
		South Dakota		

Tennessee  
Utah  
Vermont  
Virginia  
Washington  
Wyoming

Source: BRFSS, CDC.

### Obesity Trends\* Among U.S. Adults; BRFSS, 1995

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
		Arizona	Alabama	
		California	Alaska	
		Colorado	Arkansas	
		Connecticut	Delaware	
		Georgia	Florida	
		Hawaii	Illinois	
		Idaho	Indiana	
		Maine	Iowa	
		Massachusetts	Kansas	
		Montana	Kentucky	
		Nevada	Louisiana	
		New Hampshire	Maryland	
		New Jersey	Michigan	
		New Mexico	Minnesota	
		New York	Mississippi	
		Oklahoma	Missouri	
		Oregon	North Carolina	
		Rhode Island	North Dakota	
		South Dakota	Nebraska	
		Utah	Ohio	
		Vermont	Pennsylvania	
		Washington	South Carolina	
		Wyoming	Tennessee	
			Texas	
			West Virginia	
			Virginia	

Wisconsin

Source: Mokdad AH, et al. *JAMA* 1999;282:16.

### Obesity Trends\* Among U.S. Adults; BRFSS, 1996

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
		Arizona	Alabama	
		California	Alaska	
		Colorado	Arkansas	
		Connecticut	Delaware	
		Georgia	Florida	
		Hawaii	Idaho	
		Kansas	Illinois	
		Massachusetts	Indiana	
		Montana	Iowa	
		Minnesota	Kentucky	
		New Mexico	Louisiana	
		New Jersey	Maine	
		New Hampshire	Maryland	
		New York	Michigan	
		Rhode Island	Mississippi	
		South Dakota	Missouri	
		Utah	Nebraska	
		Vermont	Nevada	
		Washington	North Carolina	
		Wyoming	North Dakota	
			Oklahoma	
			Ohio	
			Oregon	
			Pennsylvania	
			South Carolina	
			Texas	

Tennessee

Virginia

West Virginia

Wisconsin

Source: BRFSS, CDC.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1997**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
		Arizona	Alabama	Indiana
		Colorado	Alaska	Kentucky
		Connecticut	Arkansas	Mississippi
		Georgia	California	
		Kansas	Delaware	
		Massachusetts	Florida	
		Montana	Hawaii	
		Nevada	Idaho	
		New Hampshire	Illinois	
		New Mexico	Iowa	
		Oklahoma	Louisiana	
		Rhode Island	Maine	
		Utah	Maryland	
		Washington	Michigan	
		Wyoming	Minnesota	
			Missouri	
			Nebraska	
			New Jersey	
			New York	
			North Carolina	
			North Dakota	
			Ohio	
			Oregon	
			Pennsylvania	
			South Carolina	
			South Dakota	



Tennessee

Texas

Vermont

Virginia

West Virginia

Wisconsin

Source: BRFSS, CDC.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1998**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
		Arizona	Arkansas	Alabama
		Colorado	California	Alaska
		Connecticut	Delaware	Louisiana
		Massachusetts	Florida	Michigan
		Montana	Georgia	Mississippi
		Nevada	Hawaii	South Carolina
		New Hampshire	Idaho	West Virginia
		New Mexico	Illinois	
		Vermont	Indiana	
		Wyoming	Iowa	
			Kansas	
			Kentucky	
			Maine	
			Maryland	
			Minnesota	
			Missouri	
			Nebraska	
			New Jersey	
			New York	
			North Carolina	
			North Dakota	
			Oklahoma	
			Ohio	
			Oregon	
			Pennsylvania	
			Rhode Island	

South Dakota

Tennessee

Texas

Utah

Virginia

Washington

Wisconsin

Source: Mokdad AH, et al. *JAMA* 1999;282:16.

**Obesity Trends\* Among U.S. Adults; BRFSS, 1999**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
		Arizona	Alaska	Alabama
		Colorado	California	Arkansas
		Connecticut	Delaware	Georgia
		Massachusetts	Florida	Illinois
		Montana	Hawaii	Iowa
		New Hampshire	Idaho	Kentucky
			Indiana	Louisiana
			Kansas	Michigan
			Maine	Mississippi
			Maryland	Missouri
			Minnesota	Nebraska
			New Jersey	North Carolina
			New Mexico	North Dakota
			New York	Oklahoma
			Nevada	South Carolina
			Ohio	Tennessee
			Oregon	Texas
			Pennsylvania	West Virginia
			Rhode Island	
			South Dakota	
			Utah	
			Vermont	
			Virginia	
			Washington	
			Wisconsin	
			Wyoming	

Source: BRFSS, CDC.

**Obesity Trends\* Among U.S. Adults; BRFSS, 2000**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	Greater than or equal to 20%
		Colorado	Arizona	Alabama
			California	Alaska
			Connecticut	Arkansas
			Delaware	Georgia
			Florida	Illinois
			Hawaii	Indiana
			Idaho	Iowa
			Maine	Kansas
			Maryland	Kentucky
			Massachusetts	Louisiana
			Minnesota	Michigan
			Montana	Mississippi
			Nevada	Missouri
			New Hampshire	Nebraska
			New Jersey	North Carolina
			New Mexico	Ohio
			New York	Oregon
			North Dakota	Pennsylvania
			Oklahoma	South Carolina
			Rhode Island	Tennessee
			South Dakota	Texas
			Utah	West Virginia
			Vermont	
			Virginia	
			Washington	
			Wisconsin	

Wyoming

Source: Mokdad A H, et al. *JAMA* 2001;286:10

**Obesity Trends\* Among U.S. Adults; BRFSS, 2001**

(\*BMI greater than or equal to 30, or about 30 lbs overweight for 5'4" person)

No Data	Less than 10%	10%-14%	15%-19%	20-24%	Greater than 25%
		Colorado	Arizona	Alabama	Mississippi
			Connecticut	Alaska	
			Florida	Arkansas	
			Hawaii	California	
			Maine	Delaware	
			Maryland	District of Columbia	
			Massachusetts	Georgia	
			Minnesota	Idaho	
			Montana	Illinois	
			Nevada	Indiana	
			New Hampshire	Iowa	
			New Jersey	Kansas	
			New Mexico	Kentucky	
			New York	Louisiana	
			North Dakota	Michigan	
			Rhode Island	Mississippi	
			Utah	Missouri	
			Vermont	Nebraska	
			Washington	North Carolina	
			Wyoming	Ohio	
				Oklahoma	
				Oregon	
				Pennsylvania	
				South	



Carolina  
South Dakota  
Tennessee  
Texas  
Virginia  
West  
Virginia  
Wisconsin

Source: Mokdad A H, et al. *JAMA* 2001;286:10